

**Cracked Wheat Bread with a Twist** (Bread machine recipe – makes 2 loaves)

1 ¼ cups boiling water	2 ½ cups bread flour
2/3 cup cracked wheat	1 ¼ teaspoons salt
2 tablespoons oil	2 teaspoons active dry yeast
2 tablespoons honey	¼ cup slivered almonds, optional
½ cup chopped dried apricots or golden raisins, optional	

Add cracked wheat slowly to boiling water; stir with a fork. Let stand 15 minutes, stirring occasionally to cool and prevent lumps. Add oil and honey. Mixture should be about 85° F.

Combine flour, salt, yeast and cracked wheat mixture in bread machine pan in order given by manufacturer. Use dough cycle. Add apricots and almonds in middle of kneading cycle.

At end of dough cycle, remove dough from pan. Divide into four pieces. Roll each into a 12" rope. Twist two ropes together. Tuck in ends and place on greased baking sheet, turning once to coat top of loaf. Repeat with second loaf. Let rise until doubled in size. Bake in preheated 450° oven for ten minutes. Reduce heat to 350° and bake an additional 15 to 20 minutes or until loaf sounds hollow when tapped. Cover with foil the last 10 minutes to prevent a dark crust. Place on wire rack to cool.

**Nutrition analysis:** With 16 slices per loaf, each provides approximately: 65 calories, 1 g fat (0 g saturated), 0 mg cholesterol, 92 mg sodium, 12 g carbohydrates, 1 g fiber, 2 g protein, 20 mcg folate, and 0.7 mg iron.

**Strawberry Pecan Coffee Cake**

Cake ingredients:

1 cup fresh or frozen whole strawberries, sliced	3 tablespoons packed brown sugar
½ cup all purpose flour	½ cup whole wheat flour
1/3 cup granulated sugar	½ teaspoon baking powder
½ teaspoon baking soda	1/8 teaspoon salt
½ cup low fat sour cream	2 tablespoons butter or margarine, melted
1 teaspoon vanilla extract	¼ cup chopped pecans
1 large egg	

Icing ingredients:

½ cup confectioners sugar	1 ½ teaspoons low fat milk	¼ teaspoon vanilla
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If using frozen strawberries, thaw and cut into pieces. Combine with brown sugar and set aside.

Cake: In large bowl, combine flours, granulated sugar, baking powder, baking soda and salt. In small bowl, combine sour cream, butter, vanilla and egg. Mix well and add to flour mixture. Stir until just moistened.

Spoon 2/3 of batter into 8" round cake pan coated with nonstick spray. Spread strawberry mixture over batter. Top with remaining batter. Sprinkle pecans on top.

Bake in preheated 350° oven 40 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes on wire rack before removing from pan.

Icing: Combine confectioners sugar, milk and vanilla. Stir well; drizzle over cake.

Serve warm or at room temperature.

**Nutrition analysis:** One serving provides approximately: 170 calories, 6 g fat (2 g saturated), 28 mg cholesterol, 130 mg sodium, 25 g carbohydrates, 2 g fiber, 3 g protein, 19 mcg folate, and 1 mg iron.

**Recipes provided by the Wheat Foods Council.**